CLAIMS:

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- 1. A rewritable optical record carrier (100, 200) comprising a recording stack (110, 210) of layers with
  - a first dielectric layer (114, 214),
  - a recording layer comprising a phase-change recording material, and
- a second dielectric layer (116, 216), characterized in that a thermal barrier layer (122, 222) is arranged adjacent to said first dielectric layer.
  - 2. A rewritable optical record carrier according to claim 1, characterized in that it further comprises a substrate (120) carrying said stack of layers having said thermal barrier layer arranged between said first dielectric layer and said substrate.
  - 3. A rewritable optical record carrier according to claim 2, characterized in that the refraction index of said thermal barrier layer is close to the refraction index of said substrate.
  - 4. A rewritable optical record carrier according to claim 1, characterized in that it further comprises a cover layer (220) attached to said thermal barrier layer.
- 5. A rewritable optical record carrier according to claim 4, characterized in that
  the refraction index of said thermal barrier layer is close to the refraction index of said cover layer.
  - 6. A rewritable optical record carrier according to claim 2 or 3, characterized in that said substrate material is polycarbonate or PMMA.
  - 7. A rewritable optical record carrier according to claim 4 or 5, characterized in that said cover layer material is polycarbonate or transparent polymer resin..

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- 8. A rewritable optical record carrier according to anyone of the preceding claims, characterized in that said thermal barrier layer material comprises SiO<sub>2</sub> or Al<sub>2</sub>O<sub>3</sub> as its major component.
- 9. A rewritable optical record carrier according to anyone of the preceding claims, characterized in that said first and second dielectric layer materials comprise one of the following components or a mixture thereof: ZnS, SiO<sub>2</sub>, Si<sub>3</sub>N<sub>4</sub>, Al<sub>2</sub>O<sub>3</sub> or Ta<sub>2</sub>O<sub>5</sub>.
- 10. A rewritable optical record carrier according to anyone of the preceding
   10 claims, characterized in that said phase-change recording material comprises a mixture of Ge,
   In, Sb, and Te.